

Video List for Specialized Dementia Boarding Homes



Titles and Descriptions

1. **A Time To Care: Activities of Daily Living: (P)(FC)** 45 min. Using feedback from family caregivers advice from experts, and visual demonstrations, this informative video provides practical help for people caring for persons with dementia at home. It provides methods to simplify and personalize daily routines that maintain dignity and increase comfort levels.
2. **Bon Appetite! How To Create Meaningful Mealtimes in Long-Term Care (P)** 40 min. This program presents a comprehensive mealtime program that focuses on principles of resident autonomy and person centered care. Special attention is devoted to identifying the needs of people with dementia. The program covers the effects of dementia on communicating, behavior and eating, creating dining experiences with less distraction, how to prepare and serve food that enables residents to eat as independently as possible. Two twenty minute videos and a comprehensive manual.
3. **Dealing with Alzheimer's: A Common Sense Approach to Communication (P)(FC)** 20 min. Communication is hampered and slowly eroded by Alzheimer's disease. For family, friends, and caregivers this can be one of the most frustrating aspects of the disease. This video teaches how to successfully communicate with someone who has Alzheimer's disease. It also teaches how to respond to the behavioral changes that Alzheimer's can bring.

4. **Freedom of Sexual Expression: Dementia and Residential Rights in Long-Term Care Facilities (P)(SFC)** 16 mins. This program gives staff members effective strategies to deal with inappropriate sexual behaviors, encourages family members to understand and respect their loved one's continued need for intimacy, provides sample policies and procedures on resident's rights regarding sexual expression.
5. **Helping People with Dementia in Activities of Daily Living (P)(FC)** 22min. This video demonstrates techniques that have worked well in helping people with Alzheimer's to accomplish as independently as possible a variety of tasks such as dressing, grooming and performing simple household chores.
6. **Mental Health Problems of Older Adults (P)(SFC)** 20 mins. In this video, a psychiatrist discusses delirium, dementia, depression and personality disorders as experienced by older adults. This video promotes more accurate and effective communication about mental health problems.
7. **Movercise: Adapting Music and Motion: An Interdisciplinary Approach to Range of Motion (P)(FC)** 25 mins. Movercise is a person-centered movement program, especially tailored to meet physical, mental, and emotional needs of Alzheimer's and dementia patients.
8. **Recognizing & Responding to Emotions in Persons with Dementia (P)(FC)** 25 mins. Often in persons with dementia non-verbal signs are more accurate communications than verbalization. This video will teach caregivers how to understand facial expressions, vocal signs, body language.

9. **When Bad Things Happen (P) (FC)** Four videos that help staff deal with many of the difficult situations they encounter while caring for persons with dementia.
- A. **When Bad Things are Said: Racist Comments** In this program, caregivers will be equipped with positive, hands-on interventions to productively manage residents who use racially abusive language. 14 minutes
 - B. **When Bad Things Are Said: Sexual Talk** In this program caregivers will learn ways to offset sexual talk and behavior by redirecting the resident to an activity or getting help from a co-worker when dealing with residents who have a tendency to "get sexual". Other strategies are explored. 14 minutes
 - C. **When Bad Things are Said: Insults** In this program caregivers will learn practical strategies to stay calm and not react abruptly when dealing with residents who "act out" through yelling or rude language. Intervention techniques include encouraging caregivers to "think different" about the situation by readjusting what may be causing discomfort for the resident. 14 minutes
 - D. **When a Resident Dies** In this program caregivers will learn about the different ways grief can affect morale and productivity, and the importance of not ignoring it. The video looks at two specific types of grief—heart-guided and head-guided. The video encourages each caregiver to explore how he/she personally deals with grief, and offers strategies other caregivers have found to address and respond to their own feelings of grief. 13 minutes